Jamaican Recipes Cookbook

Most Treasured Jamaican Cuisine

Over 50 Easy & Delicious Recipes

K. Reynolds-James

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Most TREASURED

Jamaican Cuisine

OVER 50 Recipes

by

K. Reynolds-James

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Disclaimer

Every effort has been made to ensure that there are no errors in these recipes. The author is not responsible or liable for any allergies, reactions, accidents or incidents of any sort that may arise as a result of cooking these recipes. It is advisable that you take full note of the ingredients before cooking and use substitutes where necessary.

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Introduction

What if there was a way to create delicious, authentic and easy Jamaican recipes that would WOW your friends and family, in minutes?

Discover the secrets to making the MOST TREASURED, delightful and mouth-watering Jamaican recipes in minutes.

Jamaica is absolutely one of the most beautiful countries in the Caribbean, with a rich cultural heritage and remarkable people. And oh yes, Jamaica has delectable food to satisfy almost any taste bud.

Jamaican food is well noted for its well-kept secret of unique seasoning blends and island spices.

The National Dish of Jamaica is ‘ackee and saltfish’, - and yes – it’s a delicious recipe which is also included in this book.

Historically, Jamaican cooking is based on a variety of cultural and religious influences. Among the contributors to the creative and delightful cooking flavors are: the Spanish, British, Africans, Chinese, Indians, Jews, Arabs and Rastafarians.

This eBook is specially packaged with easy-to-follow guidelines and you will be able to indulge in authentic and tantalizing Jamaican recipes that you can make at home.

It’s exciting, now you can create the most treasured and delicious Jamaican recipes with this collection of over 40 recipes.

So, even if you have never able to travel to Jamaica, you can now enjoy these remarkable Jamaican recipes in the comfort of your own homes without paying big bucks in fancy restaurants, bars and cafes.

Remember, each chapter contains a treasured Jamaican recipe.

Discover - Indulge - Enjoy!

Acknowledgment

I really thank all my friends and family who have always encouraged me and appreciate my cooking recipes, especially my husband Ricardo, who have always reiterated and said “write down this recipe, it tastes really good”.

Thanks to my beloved mother, Mavis Bennett, she has nurtured me to be strong, smart and determined. I love you mom!

Last but by no means least, my “Father” who is the beginning and ending of all things. Thanks for the “Grace” and enlightenment!

Breakfast, Lunch & Main Courses

Saltfish Fritters

Level: Easy
Ingredients ¼ pound Raw Saltfish (Codfish) 1 medium sized Tomato

1 medium sized Onion

¼ pound All-Purpose Flour ¼ teaspoon Hot Pepper 1 small Clove Garlic

1 teaspoon Paprika

2 Stalks Scallion (or Leeks) Vegetable Oil (use a moderate amount)
Directions

1. Soak the codfish for at least 3 hours in water.
2. Boil codfish for 10 minutes in uncovered pot for 5-10 minutes, then drain water.
3. Shred codfish finely (debone also if necessary).
4. Chop finely, onions, garlic, scallion or leeks, hot pepper and tomatoes.
5. Place codfish in a mixing bowl, and add flour and sufficient cold water to make a thin batter similar to that of pancakes.
6. Stir batter until smooth, then add chopped seasoning.
7. Have a skillet or frying pan well heated with oil for frying.

8. Spoon the batter into the skillet or frying pan, similar to how you would for pancakes.
9. Use a knife to spread each fritter thinly.
10. Fry until golden brown and crisp on both sides.
11. Drain on paper towels and keep in a dish until you are ready to serve.
12. Serve hot.

Ackee and Saltfish (Codfish)

Quick Recipe Intro: Ackee and salfish is not only a favorite dish in Jamaica, but, it is also the National Dish of Jamaica.

As a popular menu item, ackee and saltfish is usually prepared at most Jamaican restaurants, hotels and Jamaican households.
Typically, this dish is served with roast breadfruit, fried dumplings, bread, boiled yam and boiled green bananas.

Cooking Time: 30 minutes **Yield**: Serves 4-6 persons **Level**: Easy
Ingredients 1 can Ackee in brine, drained or 12 pods of ackees, cooked ½ pound (225 grams) Saltfish (codfish)

1 tablespoon Vegetable Oil

1 medium Yellow Onion, chopped
2 cloves Garlic, chopped
2 stalks Scallion, chopped
1 medium Tomato, chopped
1 teaspoon Scotch Bonnet Pepper, chopped ½ small Green Bell Pepper, chopped

1 teaspoon Black Pepper

Directions

1. Soak saltfish in cold water for about 1 hour.
2. If you are using ackees from pods, after cleaning them properly, boil in

water (add salt to taste) for about 15-20 minutes or until cooked.

3. Drain water from soaked saltfish, add fresh water and cook for 10 minutes. Drain thoroughly.
4. Drain water from cooked ackee, thoroughly
5. De-bone and flake saltfish and remove scales where necessary.
6. In a saucepan, heat vegetable oil and sauté onion, garlic, scallion, tomato, scotch bonnet pepper and bell pepper.
7. Add flaked saltfish to sautéed seasoning and cook on low flame for 3 minutes. Toss lightly.
8. Add drained ackee (canned or cooked) and sprinkle with black pepper.
9. Toss all ingredients lightly, cover and allow it to stand over low heat for about 2-3 minutes.

Cooking Tip: Ensure that you toss gently to prevent the ackees from being entirely crushed.

Mackerel Rundown

Cooking Time: 25-35 minutes **Level:** Intermediate
Ingredients 1 pound Pickled/Salted Mackerel 3 tablespoon Lime or Lemon Juice

3 cups Coconut Milk

1 large Onion, finely chopped

2 cloves Garlic

1 tablespoon finely chopped Hot Pepper (or Pepper to taste) 1 pound Tomatoes (peeled and chopped) Salt and Ground Black Pepper to taste 1 sprig Thyme

1 tablespoon Vinegar

Directions

1. Pour the lime juice over the mackerel and set aside.
2. Place mackerel in pot with enough water to cover it, and boil for 5 minutes.
3. Drain mackerel thoroughly, debone, and mince into medium pieces.
4. Cook the coconut milk in a heavy frying pan until it is oily.
5. Add the onion, garlic and cook until the onion is tender.
6. Add the hot pepper, the tomatoes, salt, pepper, thyme, and vinegar.
7. Stir and cook on low heat for 10 minutes.
8. Add the fish, the other ingredients and cook for another 3-5 minutes on medium heat.
9. Serve hot.

Jamaican Fried Dumplings

Cooking Time: 20 minutes **Yield:** 12 dumplings or more **Level:** Easy
Ingredients 4 cups All-Purpose Flour

1 tablespoon Baking Powder

1 tablespoon Margarine, melted ¼ cup Water
½ cup Milk
1 ½ cups Vegetable Oil 2 tablespoons Granulated Sugar

1 teaspoon Salt

Directions

1. In a mixing bowl, combine 3 cups flour, sugar, salt, baking powder, margarine and water and mix well. Add the milk and continue mixing, then add the remaining flour and knead well until it forms a smooth dough.
2. Put dough to relax in a covered air tight container for ½ an hour.
3. In a large Dutch pot or skillet, heat vegetable oil, roll dough into individual pieces.
4. Place shaped dough into the heated oil and fry for about 10 minutes or until golden brown.
5. Drain on absorbent paper towel.

6. Serve hot.

Ackee and Corned Pork

Cooking Time: 2 hours and 15 minutes
Ingredients 1½ pound Corned Pork

6 cups Water

2 dozen Ackees or 2 cans Ackee in Brine, drained

1 teaspoon salt

¼ cup Vegetable Oil 1 Large Onion, chopped 2 small Tomatoes, chopped 1 large Sweet Pepper, chopped 1 teaspoon Scotch Bonnet Pepper, seeds removed, chopped ½ teaspoon Black Pepper

Directions

1. Wash corned pork and cut into bite-size pieces. Place into a pot, cover with tap water and put to boil for about 1-2 hours. Drain, add tap water and set aside.
2. Clean and wash ackee and set aside. Bring water to boil add salt and ackee. Or, set drained ackees from can and set aside.
3. Heat a large frying pan, drain pork and place into the hot frying pan. Fry for about 15-20 minutes or until the pork becomes crisp and brown in color.
4. Mix in the garlic, onion, scotch bonnet pepper, scallion, tomatoes and sweet pepper.
5. Fold in the boiled and drained ackees (or drained canned ackees) and

sprinkle with black pepper, leave to heat through for 3 minutes.

Island Festival

Yield: 14 or more festivals **Cooking Time**: 10 minutes or more
Ingredients 1½ cups All-purpose Flour ½ teaspoon Salt
3 tablespoons Sugar 1 teaspoon Baking Powder 1 teaspoon vanilla 3 tablespoons Cornmeal

1 cup Water

1 ½ cups Peanut Oil (or preferred oil) for frying, or as needed
Directions

1. In a large mixing bowl, sieve the flour and stir in the cornmeal, salt, sugar and baking powder
2. Add the teaspoon of vanilla to the cup of water.
3. Add a small amount of water in to the mixture; work the water in to the mixture with your fingertips.
4. Keep adding small amounts of water to the mixture, when half of the cup has been added the mixture should resemble breadcrumbs.
5. Cover the mixture and leave to stand for half an hour.
6. Divide the mixture into eight portions
7. Knead each portion and roll it in to a small sausage shape or long thin ropes. Each one can be about 10 inches long and ¼ inch thick or bigger.
8. 8. Cover each festival in a mixture of flour and cornmeal (optional)
9. Place the oil in a deep-fat fryer or large, deep skillet.
10. Heat over medium-high heat until it reaches 350°F.
11. Gently and carefully lower the festivals into the oil and fry, turning with a slotted spoon, until golden brown - this should take about 10 to 15 minutes.
12. Transfer the festivals to paper towels to drain and serve while still hot.

Split Peas Soup

Cooking Time: 1 ½ hour **Level:** Easy
Ingredients 2¼ cups Split Peas 1 pound Smoked Chicken or Turkey Necks ½ pound Pumpkin or Carrot

2 sliced Onions

Salt to taste

1 fresh Green Hot Pepper

Mixed Herbs (basil, thyme, scallion etc.) to taste
Directions

1. Cover peas with five cups cold water and soak overnight in a soup pot.
2. Add chicken or turkey necks, onion, and half of the seasoning.
3. Bring to boil, reduce heat and simmer for 90 minutes, stirring occasionally.
4. Add remaining seasoning and whole pepper, and cook for another 20 minutes. Add salt to taste.

5. Serve hot.

Cabbage and Saltfish

Cooking Time: 10-12 minutes **Yield:** 4 Servings **Level:** Easy
Ingredients 1 cup flaked and deboned Saltfish (codfish) 1 large Cabbage, shredded 1 large Carrot, peeled and shredded ½ of a medium Sweet Pepper, shredded 1/8 teaspoon Salt or Salt to taste Black Pepper to taste

3 tablespoons Margarine

1 medium Onion, chopped
1 Clove Garlic, minced
1 tablespoon Scallion, chopped

2 tablespoons Water

2 tablespoons Scallion Tops, chopped

Directions

1. In a frying pan, heat oil and sauté onion, garlic and scallion.
2. Add saltfish and stir in cabbage, carrots and sweet pepper and cook for 2 minutes on low flame. Add water and stir, then cook for another 3-4 minutes.
3. Add and salt and black pepper, and heat through for about another minute or 2.
4. Serve.

Red Peas Soup

Cooking Time: 1 ½ hour **Level:** Easy
Ingredients 1 pound (450 grams) Red Peas (Red Kidney Beans) or 2 400g of Canned Red Peas.
Ham bone saved from Christmas ham (optional) 1 pound Salt Beef (or preferred meat) 4 Stalks of Scallion (Green Onion), chopped 2 sprigs of Thyme

1 Whole Green Hot Pepper

1 large Carrot, chopped ½ cup Coconut Milk 1 pound (450 gram) Yam or Irish potato, or Cho-Cho, sliced Salt to taste
Pepper to taste
A Clove of Garlic 4 ounces Flour - add pinch of salt and water to make dumplings (optional) ½ pack of Noodle soup Mix (optional – Grace Cock Soup Mix)
Directions

1. If using raw peas, soak peas overnight in water.
2. Place raw peas, ham bone and salt beef in a large pan and cover with water. Do not add canned peas at this stage.
3. Simmer for 1 hour, or until the peas are very soft.
4. Add the scallion, thyme, pepper, garlic and yam (or Irish potato.) Add canned peas if preferred.

5. Simmer for a further 15-30 minutes until all ingredients are cooked.
6. Add more seasoning to taste, and more water if necessary.
7. Serve hot, and with bread if preferred.

Faith’s Pen Fish Tea

Cooking Time: 30 hour **Level:** Easy **Yield:** 5-6

Ingredients 12 Green Bananas (substitute with Irish potatoes, yam, etc.) 2 medium Onions
5 pounds Fresh Fish

1 Hot Pepper

Scallion, thyme, garlic and salt to taste ½ pound Yam (optional)
Directions

1. Peel bananas and cut into small pieces.
2. Small dices of yam (optional).
3. Place banana, fish and other ingredients in boiling water and cover. Keep pot tightly covered.
4. Cook for 30 hour or as soon as bananas or staple is cooked.
5. Serve hot.
6. Enjoy!

Creamy Pumpkin Soup

Cooking Time: 1 hour **Level:** Easy **Yield:** 4 servings
Ingredients 1 pound Pumpkin

2 Onions

4 cups Chicken Stock (substitute for stock of your choice) 2 Sprigs Thyme

1 tablespoon Butter

1 Stalk Scallion (Green Onion)
Directions

1. Slice and lightly sauté onions in butter.
2. Add peeled and cubed pumpkin and rest of the ingredients.
3. Cover in chicken stock and simmer for about an hour.
4. Strain before serving.

Pepper Pot Soup

Cooking Time: 1 ½ hour **Level:** Easy
Ingredients

8 cups cold water

1 pound Soup Meat or Ham Hock ½ teaspoon thyme

1 cup of frozen Spinach

6 Okras or 1 cup Frozen Okras (optional) 1 large Potato, diced 1 large Carrot, diced 1 Onion, diced
1 teaspoon Salt or Salt to taste 1 Chili Pepper, diced
Directions

1. Put water in large soup pot.
2. Bring to a rapid boil.
3. Add meat, spinach, okras, and potato.
4. Cook until tender.
5. Stir and simmer for an additional 15 minutes.
6. Add diced peppers, carrots, onions, thyme, and salt.
7. Stir and simmer for a final 20 minutes.

Country Style Beef Soup

Quick Recipe Intro: Beef Soup, 'Jamaican style' has been around for many generations. It is among the favorite soups in Jamaica and is typically served as dinner in most Jamaican households on Saturdays. Most Jamaicans, look forward to the rich pumpkin flavor all cooked together in a flavorful delight. Beef soup is popular and is available from local restaurant outlets and even in some hotels.

Cooking Time: 1½ – 2 hours (depending on the tenderness of the beef) **Yield**: Serves 5-8 persons **Level**: Easy

Ingredients

2 pounds Stew Beef, cut into 1/2-inch pieces 1 pound Pumpkin, peeled and diced into small pieces 2 teaspoons Salt (add more/less as desired)

8 cups Water

1 pound Yellow Yam, peeled and diced
1 pound Irish Potato, peeled and diced

1 teaspoons Sugar

2 medium Carrots, peeled and diced
1 cup White Flour, make into small dumplings (add pinch of salt and enough water to make a firm dough)

3 sprigs Thyme

2 stalks Scallion (Green Onion), crushed

1 ounces butter or margarine

Simple Recipe Enhancer: Add more thyme and scallion during the last 15 minutes of your cooking time to bring out more flavors.

Directions

1. Wash beef and place in soup pot.
2. Add water, pumpkin, 1 sprig thyme, 1 stalk scallion and boil until beef is tender.
3. Add yellow yam, carrot, flour dough (make dumplings – each should be approx. the size and shape of your little finger)
4. After 10 minutes, add Irish potato, remaining thyme and scallion, pepper, margarine, salt and sugar.
5. Allow to simmer and cook for a remaining 12-15 minutes, ensuring that all staples and vegetables are cooked.
6. Ladle into deep bowls and serve as desired. Remove thyme, scallion and pepper before serving, where necessary.

Cooking Tips: The dumplings are cooked as soon as they begin floating to the top of the pot. Note that the dumplings will not be overcooked even if they start floating early. Avoid bursting the green pepper while stirring.

Cornmeal Porridge

Quick Recipe Intro: Cornmeal porridge has been a Jamaican traditional breakfast favorite for years. Many Jamaicans can recall drinking this porridge almost every morning, especially during their childhood years.
Apart from being nutritious, cornmeal porridge has a rich creamy taste and it is often served with bread.

Cooking Time: 15-20 minutes **Yield**: Serves 3-4 persons **Level**: Easy
Simple Recipe Enhancer: You may substitute evaporated or cow's milk for coconut milk. However, coconut milk must be added to water in direction #2 below.

Ingredients 4 ounces Cornmeal

1 ounce White Flour

½ tsp. Cinnamon Powder 1 cup Evaporated Milk or Cow's Milk ½ cup Sugar (add more as needed) 3 ½ cups Water
¼ teaspoon Salt

1 teaspoon Vanilla

Directions

1. Combine all dry ingredients in a bowl and mix with ½ cup water. Mix until all lumps are gone.
2. Bring the remaining 3 cups of water to boil and stir in mixture of dry

ingredients.
3. Continue on low flame and stir regularly for another 7-10 minutes.
4. Add evaporated milk or cow's milk and vanilla. Cook for another 2-3 minutes
5. Ladle porridge into bowls and serve hot as desired.

Cooking Tip: Ensure that you stir occasionally to prevent lumping. Add water to reduce thickness.

Christmas Ham

Cooking Time: 25 minutes per 500 grams **Level:** Easy
Ingredients 1 Ham (4-6 pounds)
24 Cloves

1 can Pineapple Slices

8 Maraschino Cherries (or preferred choice) 2 cups Orange Juice (or preferred fruit juice) ¼ cup Brown Sugar (or granulated sugar)
Directions

1. Allow the ham to fully thaw, and then remove plastic casing and stockinet.
2. Wrap ham securely with aluminum foil to keep moisture in.
3. Places on a baking rack with the fat side up. Place the rack with the ham in a roasting pan with water and bake at 350 degrees Fahrenheit for 20 minutes per 500 grams.
4. Remove and discard the aluminum.
5. Peel off ham skin and place to the side in the roasting pan. Make diagonal cuts using a sharp knife, then stud with cloves.
6. Arrange pineapple slices over the surface of the surface and place a red cherry in the center of each pineapple slice. Fasten with a toothpick to keep pineapple slices and cherries in place.
7. Pour orange juice over the ham, and then sprinkle on brown sugar.
8. Return to oven and bake at 300 degrees Fahrenheit for 20-30 minutes until a golden brown color is achieved. Baste with sauce in pan at 5-10 minute intervals.

Stew Peas with Pig's Tail

Cooking Time: 50 minutes **Level:** Intermediate **Yield:** 5 servings
Ingredients 2 pounds Pig's Tail, 1 inch slices 1 pound Red Kidney Beans

1 whole Scotch Bonnet Pepper

2 cloves Garlic, crushed 1 can Coconut Milk
1 teaspoon Pimento Berries

6 ounces Flour

½ teaspoon Salt (or salt to taste)

3 tablespoons Vegetable Oil

4 ounces Onion, chopped 2 stalks Scallion, chopped

1 sprig Thyme

Directions

1. Cook pig's tail in enough water to cover it for about 10 minutes, then discard the water.

2. Place the pig's tail and red kidney beans in a sauce pot with enough water to come 4 inches above them. Pressure cook for about 35 minutes or boil until tender.

3. Make spinners dough with flour, pinch of salt and enough water to bind, then set aside.

4. Heat a large skillet; add vegetable oil and use to sauté chopped onion, scallion, thyme, hot pepper and garlic for about 3 minutes. Add pig's tail and kidney bean mixture, coconut milk and stir; bring to a boil.

5. Add spinners from flour dough and pimento berries and continue to simmer on a low flame for another 10-15 minutes. Adjust seasoning if necessary.

Brown Stew Chicken

Quick Recipe Intro: Jamaican “Brown Stew Chicken” is an “all time” favorite. It is also known as Fricassee Chicken, and basically refers to chicken being browned and simmered in a richly flavored or spicy sauce. This recipe is believed to have evolved from the British settlers who came to Jamaica. They were famous for stewing almost everything possible.

Brown stew chicken is one of the most popular chicken recipe in Jamaica. It is very popular at most local food outlets and in Jamaican homes. Even though this is a very popular Sunday dish, most Jamaicans will have this almost anytime.

This chicken dish is commonly served with rice and peas or any other staple of choice.

Cooking Time: 30 - 45 minutes **Yield**: Serves 5 – 6 persons **Level**: Easy
Simple Recipe Enhancer: Add more fresh thyme sprigs and freshly crushed scallion during the last 10 minutes of cooking time.

Ingredients: 3 pounds Skinless Chicken Thighs/Whole Chicken cut in pieces (cut to your desired size) 1 teaspoon Lemon Juice or White Cane Vinegar 3 teaspoons Salt (or as desired) ½ teaspoon Black Pepper
3 teaspoons Chicken Seasoning, powdered (use brand of choice)

2 teaspoons Brown Sugar

½ cup Cooking Oil (for frying chicken)
Sauce Ingredients: 1 teaspoon Salt (to taste)

2 teaspoons Soy Sauce

1 medium Tomato, finely chopped 3 large Cloves Garlic, minced
2 stalks Scallion (Green Onion), chopped 1 medium Onion, chopped
1/2 cup Green Bell Pepper, chopped 2 Sprig of Thyme

1 teaspoon Tomato Ketchup

2 cups Hot Water or Vegetable Stock Pinch of Brown Sugar

Directions

1. Wash the chicken with water diluted with a lemon juice or white vinegar. Pat dry chicken with a paper towel to remove any excess water before frying.
2. Season chicken with salt, black pepper, sugar, and chicken seasoning. Marinate the chicken overnight in the refrigerator or at least one hour before frying.
3. Heat cooking oil in large saucepan. Fry the chicken in cooking oil for 3 to 5 minutes on each side or until golden brown. Remove chicken from pan.
4. Remove half of the cooking oil used for frying from the pan.
5. Add thyme, scallion, onions, tomato, sugar, salt, bell peppers, soy sauce, tomato ketchup and 1 cup of hot water to pan and stir. Add more salt if necessary. Bring to boil.
6. Add chicken to sauce. Add remaining cup of hot water, turn heat on medium to low and cover pan. Simmer chicken for 25-30 minutes or until it is tender and the gravy has thickened.
7. Add more salt if necessary.
8. Serve hot as desired. This goes well with rice dishes.

Cooking tips: Do not use the same oil for the sauce if you suspect that it may have a bitter taste from repeatedly fried chicken sediments. Do not serve with scallion or thyme.

Irie Curried Chicken

Cooking Time: 45-55 Minutes **Level:** Easy **Yield:** 6 Servings
Ingredients 3 ½ pounds Chicken (Whole Chicken) ¼ cup Grace White Vinegar
3 stalks Scallion, chopped 1 medium Onion, chopped
4 Cloves Garlic, chopped

1 teaspoon Black Pepper

1 teaspoon Scotch Bonnet Pepper, chopped 4 tablespoons Curry Powder

3 tablespoons Vegetable Oil

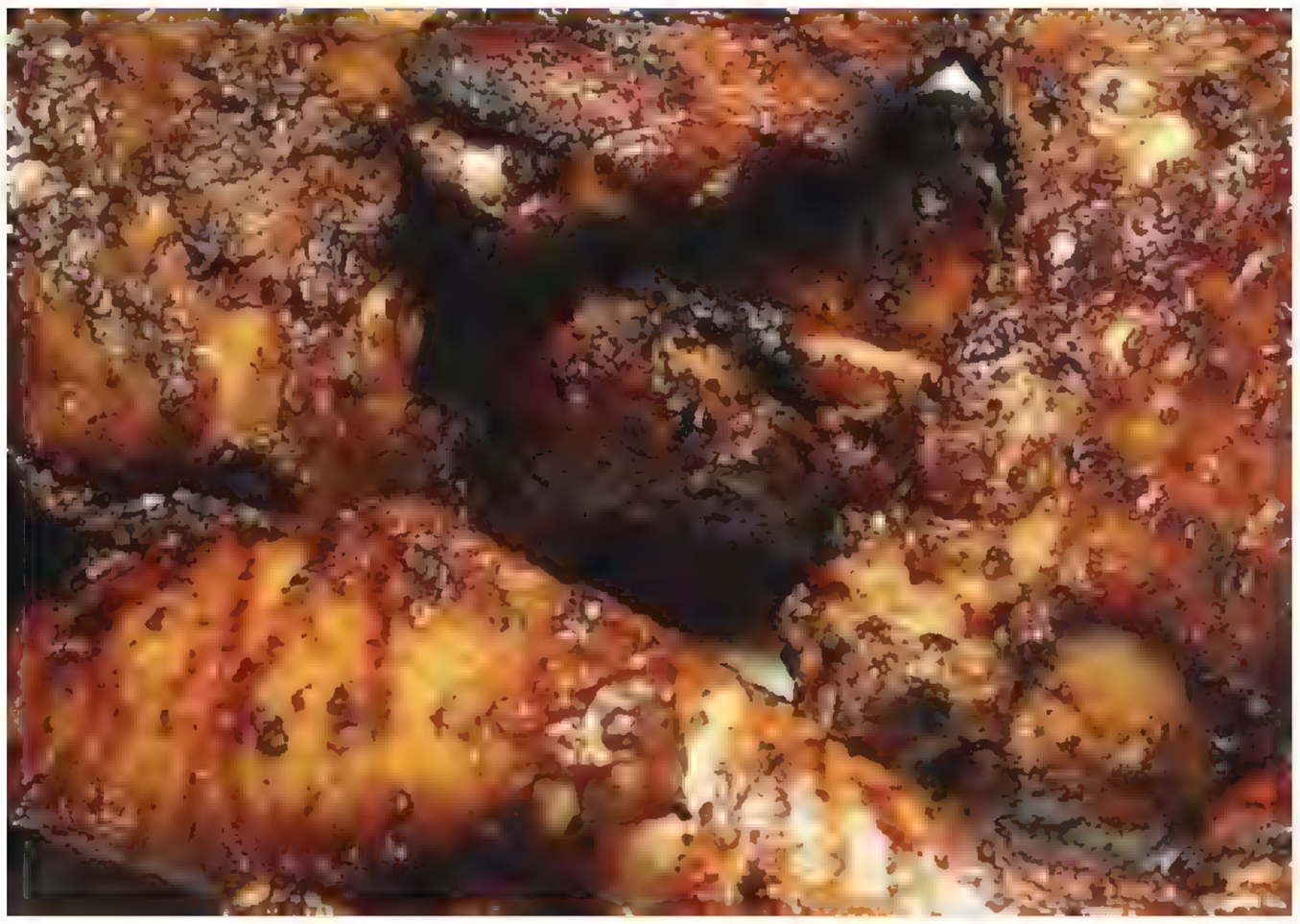
1 teaspoon Ginger, grated 3 ½ cups water

2 teaspoons Cornstarch

Directions

1. Cut chicken into bite-size pieces and wash in a mixture of Grace White Vinegar and water.
2. Season chicken with chopped Scallion, onion, garlic, black pepper, chopped scotch bonnet pepper and 2 tablespoons curry powder. Cover and allow to marinate in the refrigerator for about 1 hour or overnight.
3. Heat vegetable oil in a heavy skillet, add remaining curry powder and the grated ginger and allow to "burn" for about 2 minutes.
4. Add the seasoned chicken and cook stirring for about 5-10 minutes.
5. Pour in 3 cups hot water or chicken stock, stir then cover and allow to cook for about 40 minutes.
6. Dissolve cornstarch in remaining half cup water and add to the curried chicken and stir well. Simmer for a further 5 minutes.
7. Serve well with steamed rice.

Ocho Rios Jerk Chicken



Cooking Time: 25 minutes per 500 grams **Level:** Easy **Yield:** 6-8 Servings
Ingredients 4 pounds Chicken (use 3 lbs. chicken breast if preferred)

1 teaspoon Nutmeg Powder

3 Peppers, chopped
3 Stalks Scallion (Green Onion), chopped 4 Cinnamon leaves or 3 teaspoon Ground Cinnamon 2 ounces Ground Pimento

2 Sprigs of Thyme

8 cloves of Garlic, chopped 2 Medium Onions, chopped 2½ tablespoon Brown Sugar 2 teaspoon Lime Juice

2 tablespoon White Vinegar

½ cup Red Wine or Jamaican Red Stripe beer ½ Apple Juice or Orange Juice or fruit juice of your choice 2¼ tablespoon Salt (salt to taste)

2 teaspoon Ground Black Pepper

½ cup Vegetable Oil or oil of your choice) ½ cup Soy Sauce

Directions:

1. Cut chicken in 4 quarter pieces if using a whole chicken, or cut chicken in desired sizes.
2. Wash and clean chicken thoroughly.
3. Pierce small, but deep holes in the chicken with a sharp knife (or suitable utensil).
4. Place all other ingredients (everything except the chicken) in a blender, do not over blend.
5. In a bowl, thoroughly combine ¾ of blended ingredients with chicken, using a cooking spoon.
6. Place bowl in the refrigerator, and leave it to marinate overnight.
7. Place meat over a slow charcoal fire preferably made from pimento wood; OR cook over charcoal grill; OR cook in oven at 350 degrees Fahrenheit (DO NOT COVER) until cooked.
8. Cook over medium flames/heat, while turning regularly and basting with remaining jerk sauce.

Little Ochi Steamed Fish

Cooking Time: 15 minutes **Level:** Easy
Ingredients 1 pound Red Snapper, Grouper or Yellow Tail Salt and Pepper to taste ½ teaspoon Garlic Powder

3 teaspoon Vegetable Oil

2 stalks Scallion, chopped

1 sprig of Thyme

4 cloves Garlic, minced 3 Okras, sliced (optional)

4 slices of Ginger

6 tablespoons Soy Sauce or other Fish Sauce

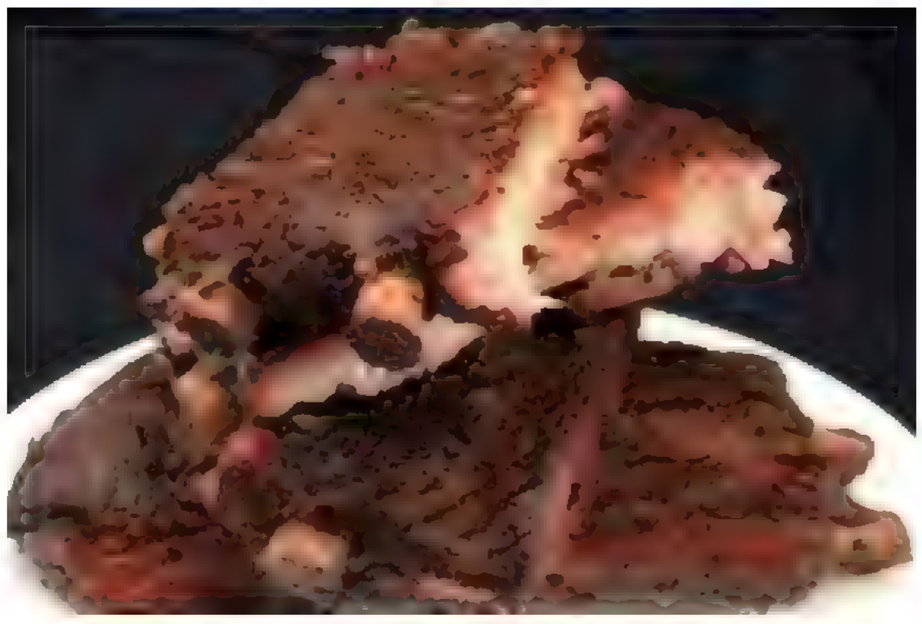
3 tablespoon Water

1 medium size Carrot, sliced thinly 1 tablespoon Lime or Lemon Juice, or Vinegar
Directions

1. Clean and wash fish in water diluted with lime or lemon juice or vinegar.
2. Drain fish of excess water.
3. Season with salt, pepper, garlic powder, scallion, garlic cloves, ginger, okra, and carrot.
4. Allow to marinate for 15-30 minutes.
5. On medium heat, place steaming pot on fire and add oil for 30 seconds.

6. Place seasoned fish in warm oil and add all remaining seasoning on top of fish.
7. Cover pot for steaming for 2 minutes.
8. Add water, and soy sauce or fish sauce, cover pot and steam for another 8 minutes.
9. Just before the fish is cooked, add sprig of thyme and more salt or sauce if desired.
10. Steam for another 4 to 5 minutes on low flame and serve.

Boston Jerk Pork



Quick Recipe Intro: The word ‘jerk’ is almost synonymous with Jamaica. Jerk is believed to have originated with the Maroons of Jamaica and could be described as a somewhat spicy, smoky and natural flavor combination.

Jerk is an all-time favorite in Jamaica, apart from pork; Jamaicans will jerk just about ‘anything’. Other jerk variations are chicken, seafood, vegetables, beef, mutton, you name it, and we will jerk it.

Jerk is so loved by many that there is a yearly Jerk Festival in Portland, Jamaica. This event is huge and attracts people from around the world.

Cooking Time: 1 ½ – 2 hours (depending on the tenderness of the pork) **Yield**: Serves 6-8 persons **Level**: Intermediate
Simple Recipe Enhancer: The Walkerswood brand is the secret 'Jerk' ingredient used in most Jamaican restaurants and homes. The flavor is awesome, and it can make your life so much easier. Walkerswood has a whole line of products that can be used to enhance your ‘jerk’ experience.

Ingredients 4 pounds Pork (chops or tenderloin)

1 teaspoon Nutmeg Powder

3 Peppers, chopped
3 Stalks Scallion (Green Onion), chopped 4 Cinnamon Leaves or 3 tsp. Ground Cinnamon 2 ounces Ground Pimento/All Spice

2 Sprigs of Thyme

8 Cloves of Garlic, chopped
2 medium Onions (Yellow), chopped ½ cup Red Wine or Jamaican Red Stripe beer ½ Apple Juice or Orange Juice or Fruit Juice of your choice 3 teaspoons Salt (salt to taste)

2 teaspoons Ground Black Pepper

½ cup Vegetable Oil or Oil of your choice) ½ cup Soy Sauce
2½ tablespoons Sugar
2 teaspoons Lime Juice

4 tablespoons Vinegar

Directions

1. Wash and clean pork thoroughly.
2. Pierce small, but deep holes in the pork with a sharp knife (or suitable utensil).
3. Place all other ingredients (everything except the pork) in a blender, do not over blend.
4. In a bowl, thoroughly combine 3/4 of blended ingredients with pork, using a cooking spoon.
5. Place bowl in the refrigerator, and leave it to marinate overnight.
6. Place meat over a slow charcoal fire preferably made from pimento wood; OR cook over charcoal grill; OR cook in oven (DO NOT COVER).
7. Cook over medium flames/heat, while turning regularly and basting with remaining jerk sauce.
8. Serve hot with tomato ketchup or your own sauce of choice.

Cooking Tips: You may substitute pork for chicken or other meats of choice, however, remember that the cooking time may vary.

Faith’s Pen Curry Goat (Mutton)

Quick Recipe Intro: Jamaican curry goat is one of the most common curry dishes in Jamaica. It is a traditional dish which is believed to have originated among the Indian settlers of Jamaica. Curry Goat is a special dish that is commonly served in Jamaican households during Christmas, special family occasions or on Sundays. On a wider scale, Jamaican curry goat is available at most local restaurants, hotels/accommodations, local festivities and parties.

Nowadays, some Jamaicans are preparing curry chicken, far more often than curry goat. This is mainly because of the cost and also because of the difference in cooking time.

Jamaican curry goat is very flavorful and sometimes even peppery. It is often served with steamed white rice, rice and peas/gungo, roti (similar to Indian bhatura), boiled staples (yam, banana, dumplings) or with even bread.

With the introduction of foreign imports, it is sometimes challenging to get locally grown mutton for this curry dish. However, whether this dish is prepared

with locally grown Jamaican goat meat/mutton or whether it is prepared with imported “foreign” mutton, Jamaican curry goat is always a tasty treat. It all boils down to a matter of personal preference of taste.

Cooking Time: 1 ½ - 2 hours (depending on the tenderness of the mutton)
Yield: Serves 5 – 6 persons **Level**: Easy **Simple Recipe Enhancer**: Add more fresh thyme sprigs for a spicier flavor.

Ingredients
3 pounds Goat Meat/Mutton/ Lamb Shoulder, cut into 1/2-inch cubes

1 teaspoon Black Pepper

2 tablespoons All Purpose Meat Seasoning, powdered (choose a brand of your choice) 3 teaspoons Salt
4 tablespoons Curry Powder

2 teaspoons Turmeric Powder

1 medium Onion (Yellow), chopped
1 medium Tomato, diced
5 large Garlic cloves (3 cloves minced and 2 cloves largely crushed) 1 Scotch bonnet pepper, add as needed and discard seeds (optional)

4 tablespoons Cooking Oil

4-5 cups Vegetable Stock, or Stock of choice

2 large spring Thyme

1 small Carrot, diced (optional)
1 Stalk Scallion, chopped (Green Onion)
2 teaspoons All Spice Berries (Pimento - optional)
Directions

1. Thoroughly wash meat, and then pat dry.
2. Place goat meat/mutton in a large bowl and add black pepper, salt, all-purpose meat seasoning, 3 tbsp. curry powder, turmeric, onion, tomato, 3

cloves garlic, scotch bonnet pepper, 1 sprig thyme, scallion and all spice berries. Mix all ingredients thoroughly together. Cover bowl and place in the refrigerator overnight (or at least 3 hours) to marinate.

3. Heat cooking oil in large saucepan. Add 2 cloves of largely crushed garlic and allow it to brown. Then, remove browned garlic and dispose it. Add 1 tablespoon curry powder to heated oil and let it stand for about 1 minute.
4. Add the seasoned goat meat/mutton to the heated oil. Stir mixture after 3 minutes and then cover.
5. Check meat occasionally to add 1 cup of hot vegetable stock every 20-30 minute. Let it simmer on Medium heat and simmer for about 1 hour, stirring occasionally.
6. Test the tenderness of the meat and add more water as necessary.
7. As soon as the meat becomes as tender as desired, add 1 large sprig of thyme, carrot and a little more water if necessary to ensure that there is enough to allow the curry goat to simmer for the next 15 -20 minutes. You may also add more salt and pepper to your taste.
8. Remove all spice berries (pimento) before serving.
9. Serve hot as desired with steamed white rice or food of choice.

Cooking Tips: Do not allow the oil to be overheated before adding the cloves of garlic. Remove scallion and thyme before serving.

Tropical Vegetable Salad

Yield: 4 Servings
Ingredients 3 cups Romaine Lettuce, shredded 2 cups Purple Cabbage, shredded

1 medium Tomato, diced

1 cup avocado, large dice (optional) ¼ cup Balsamic Vinaigrette (dressing)

Directions

1. Combine lettuce, purple cabbage, tomato and avocado in a large bowl.
2. Pour dressing over the salad ingredients and toss. Serve chilled.

Sweet Potato Chicken Salad

Yield: 4 or more **Cooking Time**: 15 minutes
Ingredients

3 cups Sweet Potato, diced, cooked

1 ½ cups Chicken, diced and boiled

1 tablespoon Onion, chopped

¼ teaspoon Hot Peppers
¼ cup Green Sweet Peppers, diced ¼ cup Orange Sweet Peppers, diced ¼ cup Red Sweet Pepper, diced

1 can Mixed Vegetables, drained

¼ cup Mayonnaise
¼ cup raisins

Directions

1. Place diced sweet potato and boiled chicken pieces into a bowl.

2. Add remaining ingredients and combine well.
3. Arrange on a bed of lettuce, in a salad bowl, then garnish with parsley.

Tropical Yam Salad

Yield: 6 Servings **Cooking Time**: 15 minutes
Ingredients 2 pounds Yellow Yam

1 teaspoon Salt

¼ pound String Beans ¼ pound Carrots 1 small Onion
1 small Red Sweet Pepper 1 small Green Sweet Pepper 1 can Green Peas 4 tablespoons Mayonnaise

4 large lettuce leaves

Directions

1. Peel, wash and cut yellow yam into cubes.
2. Bring water to a boil in a sauce pot, add yam and salt and boil until fork tender.
3. Cut string beans into three or four pieces, peel and dice carrots, blanch vegetables.
4. Chop onions and peppers, add yam, vegetables, green peas, mayonnaise and

toss lightly.

5. Put the salad to chill in a refrigerator for about 30 minutes. Sprinkle with black pepper if desired.

Grandma’s Oxtail Stew

Quick Recipe Intro:
Jamaican oxtail stew is a favorite among Jamaican housewives, restaurants and even resorts. It has a unique spicy flavor and is sometimes prepared with butter beans or broad beans.
Oxtail could be described as a bony and gelatin-rich meat, and it is typically slow-cooked as a stew or braised.

Cooking Time: 2 ½ - 3 hours (depending on the tenderness of the oxtail)
Yield: Serves 3-5 persons
Level: Easy
Simple Recipe Enhancer: Add more thyme and scallion during the last 15 minutes of your cooking time to bring out more flavors.

Ingredients
3 pounds Oxtail with pieces each 5 inches long, clean and cut into desired bite sizes

2 tablespoons Cooking Oil

4 medium Carrots, peeled and diced (optional)
2 medium Onions finely chopped, medium sized
16 ounces Hot Water or Vegetable Stock (Hint: Vegetable stock gives better flavor)

1 can Butter Beans or Broad Bean (Hint: Butter Beans gives better taste)
3 tablespoons Oyster Sauce (Hint: Oyster sauce is salty, so use to taste) -optional
4 cloves Garlic, finely chopped

2 sprigs Thyme

1 stalk Scallion (Green Onion), finely chopped
½ teaspoon Black Pepper (or to taste)
2 tablespoons All-Purpose Powdered Seasoning (optional)

Directions

1. Season Oxtail with salt, black pepper and all-purpose seasoning.
2. Allow to marinate for at least 15 minutes (or overnight) in the refrigerator.
3. Heat oil in heavy skillet or pot.
4. Shake off excess liquid from seasoned oxtail and brown on both sides until golden brown. (Hint: with less liquid it should brown easier.)
5. Add carrots and hot water or vegetable stock, bring to boil. Reduce heat, add onions, garlic, scallion, and cover pot.
6. Simmer on medium to low flame for 2 hours or until oxtail is almost tender. At this point add more liquid if necessary and add Oyster sauce or more seasoning to taste.
7. Cover and simmer for 20-30 minutes; add butter bean and thyme and allow simmering for another 3-4 minutes.
8. Serve hot as desired.

Cooking Tip: This goes well with traditional Jamaican Gungo peas and rice.

Hellshire Escoveitched Fish

Level: Intermediate
Ingredients 3 pounds Snapper fish (or fish of choice)

2 cups Cane or Malt Vinegar

½ Scotch Bonnet Pepper (cut in strips) or ½ tsp. dried Tabaco pepper ½ cup Vegetable Oil

4 teaspoon Black Pepper

4 teaspoon Salt or Salt to taste Dash of Sugar
2 Limes or Lemon
1 teaspoon Pimento Seeds

3 Carrots thinly sliced

2 large Onions (sliced and ringed) ½ teaspoon Peppercorns
Directions

1. Fill large bowl with water and add the juice of the limes or lemon.
2. Wash fish thoroughly in the lime and water mixture.
3. Dry fish thoroughly with paper towel or cloth kitchen towel.
4. When dry, coat the fish sides with combined salt and black pepper and set aside on paper towels.
5. Heat oil in frying pan to boiling point and fry fish on both sides until nice

and crisp.

6. Set fish aside in a dish.
7. In a saucepan, combine vinegar, sugar, sliced onions, sliced carrots, peppers, pimento seeds, whole peppercorns, and bring to boil.
8. Simmer over medium heat until onions are tender.
9. Allow vinegar sauce to cool.
10. Pour over fish and leave overnight
11. Serve as desired.

Gungo (Pigeon) Peas and Rice

Quick Recipe Intro:
Jamaican Gungo peas and rice is a traditional Jamaican favorite. It is almost as popular as the rice and peas dish and is popularly prepared on Sundays or Christmas Holidays.

Gungo and rice is popularly served with curried goat, chicken, beef and pork or with just about any meat preferred.

Cooking Time: 30 - 35 minutes
Yield: Serves 6 persons
Level: Easy
Simple Recipe Enhancer: Add 2-3 teaspoons brown sugar to coconut milk mixture.

Ingredients
1 pounds Fresh Gungo Peas, cooked tenderly or Canned 800g of Pre-cooked Gungo with liquid

2 pounds Long Grain White Rice

1 small Dried Coconut (juice extracted) or 1 cup Coconut Milk
3 ounces Scallion (Green Onion), crushed

2 sprigs of Thyme

1 whole Scotch Bonnet Pepper (green)
1-2 clove Garlic, crushed

1 teaspoon Salt

2 ounces Butter/Margarine

Directions

1. Pour pre-cooked Gungo peas into rice pot.
2. Add coconut milk, scallion, onion, thyme, pepper, garlic, and salt.
3. Season further to taste.
4. Add more water where necessary in order to have rice properly cooked.
5. Allow coconut milk to boil for 3-5 minutes and absorb seasoning. Add butter at this point.
6. Reduce flame.
7. Add rice and stir in continuously to allow rice and Gungo peas to be evenly distributed.
8. The flame can be increased at this time until liquid boils and then reduce until rice is properly cooked.
9. Add a little water if necessary to have rice properly cooked.
10. Serve as desired.

Cooking Tips: For freshly squeezed coconut milk, bring to boil for 3-5 minutes. For canned coconut milk you can simply wait until the milk reaches boiling point before adding rice and other ingredients. Do not serve with scallion, garlic, pepper or thyme.

Pumpkin Rice

Cooking Time: 25-30 minutes **Level:** Easy
Ingredients

2 tablespoons Margarine

2 cloves Garlic, chopped 1 medium Onion, chopped 1 stalk Scallion, chopped ½ pound Pumpkin, cut into cubes with skin on 3 ½ cups Water
1 packet Coconut Milk Powder 2 cups Long Grain White Rice 1 sprig Thyme

1 whole scotch bonnet pepper

½ teaspoon Salt (optional)
Directions

1. In a large sauce pan, heat margarine and sauté garlic, onion, scallion and pumpkin for about 3 minutes.
2. Add water and coconut milk powder, stir well and bring to a boil for 5 minutes.
3. Add rice, thyme and scotch bonnet pepper. Adjust salt content if necessary and simmer for 25-30 minutes or until rice is fork tender.
4. Remove thyme and scotch bonnet pepper, then use a fork to fluff rice.
5. Serve immediately with protein of your choice.

Rice and Peas

Cooking Time: 25-35 minutes **Level:** Easy **Yield:** 5 or more servings
Ingredients 1 can (19oz) Kidney beans, including liquid 1 can (14 oz) Coconut milk Water (approx 1 and 2/3 cups) 2 cloves Garlic, chopped
1 Small onion or 2 stalks scallion, chopped

1 teaspoon Dried Thyme

2 cups Long Grain White Rice (rinsed and drained) 2 teaspoon Salt

1 Whole Green Scotch Bonnet Pepper

Directions

1. Drain the liquid from the can of beans into a measuring cup and add the can of coconut milk and enough water to make four cups of liquid.
2. Add liquid, beans, chopped onion and thyme to large pot.
3. Add salt and pepper. Bring to a boil.
4. Add rice and whole pepper and boil on High for 2 minutes.
5. Turn heat to Low, and cook covered until all water is absorbed (about 15 to 20 min).
6. Fluff with fork while not breaking the whole pepper. Remove pepper, scallion, and thyme, before serving.

Desserts and Pastries

Juicy Beef Patties

Quick Recipe Intro: Oh yes! This is an original Jamaican beef patty recipe. Jamaican beef patties have been a part of the Jamaican tradition for a very long time and still remain a favorite. Beef patties could be best described as a spicy beef filling and a pastry case.

Both native Jamaicans and visitors alike, enjoy having a beef patty or two as a snack. Much has changed in regards to the variety of patty fillings that are now available in popular Jamaican restaurants. You can now get patties filled with: vegetable, lobster, chicken, cheese and more.

Cooking Time: 45 minutes to 1 hour **Yield**: Serves 4-6 persons **Level**: Intermediate
Ingredients ***Pastry:***

1 teaspoon Curry Powder

½ teaspoon Ground Turmeric
½ cup Melted Butter

1 teaspoon Salt

½ cup Shortening

1 pound White All-Purpose Flour

½ cup Ice Cold Water

1 teaspoon Baking Powder

Filling: 1 pound Ground (Minced) Beef 1 medium Yellow Onion, finely diced ½ cup Dry Bread Crumbs
1 Hot Peppers or 1 tablespoon Chili Pepper (add pepper as desired) 1 teaspoon Paprika

2 teaspoons Vegetable Oil

3 teaspoons Dried Thyme leaves or 2 sprigs of Thyme 4 stalks Scallion (Green Onion), finely chopped (can be replaced by 1 medium onion) 2 cloves Garlic, finely chopped

1 teaspoon Nutmeg

½ teaspoon Sugar
1 teaspoon Salt

1 cup Beef Broth

Directions Preheat oven to 400 degrees F (200 degrees C).
***Pastry*:**

1. In a large bowl, combine flour, curry powder, turmeric, baking powder, and salt. Sieve all of these dry ingredients.
2. Add in shortening and butter until mixture resembles coarse crumbs.
3. Stir in water until mixture forms a ball (dough should only be slightly sticky).
4. Wrap in cling wrap (cling film/plastic wrap) and place in the refrigerator for

1 hour.
5. Remove dough and roll the pastry on a floured board until it is about 1/8 of an inch thick. Cut as many circles (about the size of a saucer) out of the dough as you can.
6. Set aside.

***Filling**:*

1. Add oil in a skillet over medium heat. Sauté onion and scallion until it becomes soft and translucent.
2. Stir in ground beef. Season with thyme, garlic, peppers (finely chopped), salt, pepper, paprika, sugar and nutmeg. Cook until beef is evenly brown, stirring constantly.
3. Cook until mixture is fairly dry, drain off excess fat if necessary
4. Stir in beef broth and bread crumbs. Simmer until liquid is absorbed, and the mixture has a thick, saucy texture.
5. Remove from heat.

***Combining Pastry and Filling**:*

1. Spoon equal amounts of filling onto one side each pastry circle.
2. Fold over and press edges together, making a half circle. Use a fork to press edges, and brush the edges of each pastry with water.
3. Place patties in baking tray on aluminum foil.
4. Bake in preheated oven for 30 to 35 minutes, or until golden brown.
5. Serve as you like, best if served hot.

Cooking Tip: Keep checking constantly in the last 10 minutes to ensure that patties aren't being burnt.

Bread Pudding

Cooking Time: 45-50 minutes **Yield:** 8-12 slices **Level:** Easy
Ingredients 2 cups Whole Milk or milk of your choice ¼ cup Butter 2/3 cup Brown Sugar (or granulated if preferred)

3 Eggs

¼ teaspoon Ground Nutmeg 1 teaspoon Vanilla Essence

2 teaspoon Cinnamon Powder

3 cups Hardough Bread, torn into small pieces or 4 cups bread crumbs (or your preferred bread) ½ cup raisins (optional)
Directions

1. Put milk and butter into saucepan and cook until a thick film forms over top. Cool until it is luke warm.
2. Combine sugar, eggs, cinnamon, nutmeg, and vanilla. Beat with an electric mixer at medium speed for 1 minute. Slowly add milk mixture and mix for another minute.

3. Place bread in a lightly greased 1 ½ quart casserole pan/dish.
4. Sprinkle with raisins, if desired.
5. Pour batter on top of bread. Bake at 350 degrees Fahrenheit for 45-50 minutes or until set.
6. Serve warm or cold.
7. Enjoy the taste!

Coconut Gizzada

Cooking Time: 20-25 minutes **Yield:** 16 or more **Level:** Easy/Intermediate
Ingredients for Gizzada *Gizzada Dough:* 1 pound Shortening or Butter 2 pounds White Flour
2 teaspoon Salt

4 teaspoon Sugar

2 ¼ cups (500ml) Ice Cold Water
Gizzada Filling:

1 pound Coconut Flakes

½ pound Sugar
1 ¾ cups (400ml) Coconut Cream 2 teaspoon Ginger Powder 2 teaspoon Cinnamon Powder 2 teaspoon Nutmeg

2 tablespoon Vanilla

Directions for Gizzada *For Dough:*

1. Mix and sieve all dry ingredients.
2. Add cold water.
3. Knead the dough.
4. Squash the mixture in to a ball, wrap in foil and leave in the fridge for half an hour.
5. Roll and cut circles (about 2-inch diameters) from each shell.
6. Form a casing from each of the pastry circles by crimping the edge.

For Filling:

1. Mix all ingredients together.
2. Add 2 tablespoons of filling to each shell.
3. Bake at 350 degrees Fahrenheit for 20-25 minutes
4. Cool and serve.

Sweet Potato Pudding

Cooking Time: 40 to 60 minutes **Yield:** 10 slices or more **Level:** Easy
Ingredients

2 pounds Sweet Potatoes

1 ½ cups Brown Sugar 1 cup Flour

2 cups Coconut Milk

1 ½ cups Raisins

2 teaspoon Vanilla

1 ½ teaspoon Grated Fresh Nutmeg 1 teaspoon Mixed Spice 1 teaspoon Salt

1 teaspoon Margarine or Oil

½ pound yellow yam (or ½ pound more Sweet Potato)

Directions

1. Peel potatoes, wash, and grate.
2. Grate yam and set aside.
3. Blend flour, mixed spice (raisins etc.), salt, and nutmeg.
4. Combine this mixture with the grated potatoes and mix well (using hands or a wooden spoon).
5. Warm sugar and coconut milk with cinnamon leaf.
6. Remove leaf, add to flour and potato mixture and mix well.
7. Grease pan, pour in batter, bake at 350 degrees Fahrenheit for 40 to 60 minutes or until done

Banana Bread

Cooking Time: 1 hour **Yield:** 10 slices or more **Level:** Easy
Ingredients

3 cups mashed over-ripe Bananas

¼ cup Melted Butter ¾ cup Brown Sugar 2 Eggs, Beaten

1 teaspoon Vanilla

1 teaspoon Baking Soda (optional) Pinch of Salt
2 cups All-Purpose Flour

1 teaspoon Baking Powder

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Melt butter and mix with sugar and banana.

3. Add eggs, vanilla, baking soda, and salt.
4. Add flour and mix until well moistened. Pour mixture into a buttered 4x8-inch loaf pan. Bake for an hour.

Notes: Do not over-mix or bread will be rubbery.

Special Corn Bread

Yield: 1 loaf **Cooking Time**: 30 minutes
Ingredients 1 cup All-Purpose Flour 1 cup Cornmeal

1 packet Coconut Milk Powder

½ cup Brown Sugar

1 tablespoon Baking Powder

½ cup Margarine (up to ½ cup more can be used if desired) 1 large Egg
1 cup Whole Milk

1 teaspoon Vanilla Essence

Directions

1. Combine flour, cornmeal, coconut milk powder, sugar and baking powder; mix well and set aside.
2. Melt the margarine and allow to cool.
3. Combine melted margarine, egg, whole milk and vanilla and whisk lightly.
4. Add the liquid mixture to the dry ingredients and mix to combine.

5. Scrape batter into a greased loaf pan and bake at 350 degrees Fahrenheit for 20-30 minutes.
6. Serve with cheese or as desired.

Easter Bun

Cooking Time: 1 hour **Yield:** 10 slices or more **Level:** Easy
Ingredients 2 cups brown sugar 4 teaspoon Baking Powder 1 tablespoon Butter

1 teaspoon Cinnamon

1 cup Dragon Stout or other preferred stout ½ Cup Milk
1 teaspoon Nutmeg 1 teaspoon Lime Juice

1 Egg

¼ teaspoon Salt
3 cups White Flour

1 cup Raisins

Directions

1. Preheat the oven to 350 degrees Fahrenheit for about 12 minutes.
2. Beat egg and add sugar. Melt the butter, and then add the milk.

3. Mix in with the stout and dry ingredients and beat until smooth, then add raisins.
4. Pour into greased loaf tin and bake for an hour.
5. Remove and allow cooling.
6. Serve as desired.

Christmas Cake (Black Fruit Cake)

Quick Recipe Intro: Christmas is a vibrant season in Jamaica. One of the things that most Jamaicans look forward to during this time is the delicious meals that are usually prepared. Most Jamaican homes will have a Christmas cake or maybe several cakes during the festive season.

During Christmas, the Christmas cake is usually the preferred desert and snack of choice. It is very tasty and is believed to taste better with a little rum. The truth is, it's all up to you, and Christmas cake can be eaten basically any time of the year.

Cooking Time: 2 – 2 ½ hours **Yield**: Serves 10 persons **Level**: Easy **Simple Recipe Enhancer**: Add 2 tablespoons of wine and rum mixture to cooled cake daily
Ingredients 3 cups Raisins

4 cups Red Wine

1 cup Smucker's Sweet Orange Marmalade (or choose preferred brand and flavor) 3/4 cup Overproof White Rum (optional) 1 tablespoon Vanilla
1 tablespoon Rose Water 2 tablespoons Almond Flavoring 1 pound Vegetable Shortening 1 pound Brown Sugar

1 pound All-purpose Flour

1/4 pound Breadcrumbs
3 tablespoons Baking Powder

1 tablespoon Cinnamon

Pinch of Salt

2 tablespoons Browning

1/4 cup White Wine
8 medium Eggs

1 teaspoon Lime Rind

Directions

1. Preheat oven at 325ºF/160ºC.
2. Grease and line two 8"x 8"x 2 *20cm x 20cm x 5cm cake pans*tins.
3. Blend raisins with wine and marmalade, put to steam for 2-3 minutes and allow cooling.
4. Add rum, stout, vanilla, rose water and almond flavoring.
5. Cream shortening and sugar until light and fluffy.
6. Add eggs one at a time, beating well between each addition, add lime rind.
7. Combine and sift all dry ingredients.
8. To the creamed mixture, add the dry ingredients and wine mixture alternatively. Stir in browning, pour into baking pans, cover and bake for 2 – 2 ½ hours or until done.

Cooking Tips: Insert a toothpick or small (but narrow) knife in the center of the cake to check if it is baked. If the toothpick or knife comes out clean (or close enough) the cake is baked. Avoid opening the oven too often to test it.

Easy Coconut Drops

Cooking Time: 1 hour 15 minutes **Yield:** 12 or more drops **Level:** Easy
Ingredients 1 Dry Coconut, diced to make 2 cups dry coconut,

4 cups Water

1 ½ cups Dark Sugar

1 tablespoon Ginger

Directions

1. Put water to boil, add diced coconut and boil for about 40 minutes.
2. Add the sugar and ginger and continue boiling until the mixture becomes syrupy (about 30-35 minutes).
3. Drop by tablespoons full on a green banana leaf or on a wet cookie sheet.
4. Allow to cool until the drops have fully set.

Duckunoo (Tie A Leaf/Blue Draws)

Cooking Time: 1 hour **Level:** Easy **Yield:** 8 servings
Ingredients 4 cups Cornmeal
1 cup Flour
2 cups Brown Sugar
2 teaspoons Vanilla Essence

4 cups Coconut Milk

2 cups Raisins (optional)

2 teaspoons Nutmeg Powder

½ teaspoon Salt
1 piece quailed banana leaf (aluminum foil can be used as substitute)

Directions

1. In a bowl, combine cornmeal, flour, raisins (if used) nutmeg and salt. Make a hole in the center.
2. Combine sugar, vanilla and coconut Milk, and mix well until dissolved.
3. Pour liquid into dry ingredients and combine to a dropping consistency.
4. Drop by tablespoons on pieces of quailed banana leaves.
5. Make a parcel and tie with cord or strips of banana bark. If using aluminum foil, ensure that mixture is properly secured.
6. Place into boiling water and boil for 45 minutes to 1 hour.

Grater Cake (Pink On Top)

Yield: 10 Servings **Cooking Time**: 1 hour
Ingredients 3 cups Dried Coconut

2 cups Granulated Sugar

¼ cup Water
1/8 teaspoon Almond Essence ¼ teaspoon Salt

1 teaspoon Red Food Coloring

Directions

1. Peel off the brown portion of the coconut, wash, grate and set aside.
2. Combine grated coconut, granulated sugar and water in a pot and put to boil. Reduce to medium flame, mix in the almond essence and the salt. Stir constantly until mixture thickens.
3. Remove a 1/3 of the mixture and add a small amount of red food coloring to give a delicate pink color.
4. Scrape remaining coconut mixture into a greased casserole dish and spread evenly.

5. Spread the pink colored coconut evenly over the white mixture.
6. Set aside for 25-30 minutes or until sufficiently cooled.
7. Cut into squares and serve.

Rock Bun

Cooking Time: 26 -30 minutes **Yield:** 12
Level: Easy
Ingredients 3 cups All-Purpose Flour 1 packet Coconut Milk Powder 4 ounces Margarine

1 cup Dark Sugar

¼ cup Raisins, soaked 1 large Egg, beaten
4 ounces Water or Milk

1 tablespoon Baking Powder

1 ½ teaspoon Nutmeg Powder

1 teaspoon Vanilla Essence

Directions

1. Combine flour, coconut milk powder, baking powder and nutmeg and mix for even distribution.
2. Add margarine and use a dough blender or your finger tips to gently rub the margarine into dry mixture until it resembles fine breadcrumbs.

3. Mix in the dark sugar and soaked raisins using a wooden spoon.
4. Combine beaten egg, water or milk and vanilla; make a well in the center and pour in the liquid.
5. Combine the mixture using two forks. Do not over mix!
6. Drop rock buns by spoonfuls onto a greased baking tray and bake at 350 degrees Fahrenheit for 26 minutes. Remove from oven and cool on a cooling rack.

Toto

Cooking Time: 30 minutes **Level:** Easy
Ingredients 1 ¼ pounds Baking Flour

12 ounces Brown Sugar

¼ cup Whole/Skimmed Milk Powder 1 Whole Dry Coconut, grated 1 ounce Raisins, soaked (optional) 1 tablespoon Baking Powder 1 tablespoon Mixed Spice 2 large Eggs
12 ounces Water

1 tablespoon Vanilla Essence

2 ounces Margarine, melted
Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine baking flour, brown sugar, milk powder, grated coconut, raisins, baking powder and mixed spice in a large bowl.
3. Whisk eggs, add water, vanilla and melted margarine.
4. Make a hole in the center of the dry ingredients and add the liquid. Lightly mix until the liquid is absorbed.
5. Scrape the batter into a greased baking tin and put to bake in a pre-heated oven 350 degrees Fahrenheit for about 30 minutes or until a skewer inserted comes out clean.
6. Remove from the oven and put to cool before slicing into squares or as desired.

Beverages

Peanut Punch

Level: Easy **Yield:** 2

Ingredients 1 cup Peanuts

1 cup Water

¼ cup Granulated Sugar ¼ cup White Rum, optional 1 teaspoon Nutmeg, grated 1 teaspoon Vanilla Essence

1 can Evaporated Milk

Directions

1. Blend peanuts with water for 1 minute.
2. Add remaining ingredients and continue blending for three minutes until smooth.
3. Serve over crushed ice.

Egg Nog

Level: Easy **Yield:** 2

Ingredients

3 medium Eggs

½ cup Granulated Sugar 1 ½ cups Evaporated Milk 4 tablespoons White Rum (optional) ½ teaspoon Nutmeg

1 tablespoon Vanilla Essence

Directions

1. Whisk eggs until they are thick and lemon colored.
2. Add sugar, evaporated milk, white rum, nutmeg and vanilla and blend for 1 minute.
3. Serve over crushed ice.

Banana Milk Shake

Yield: 1 Serving

Ingredients
1 large Ripe Banana
1 cup Cold Milk
1 teaspoon Sugar
1 scoop Vanilla Ice Cream

Directions
1. Slice banana and place in a blender with milk and sugar. Blend until smooth.
2. Add ice-cream to mixture, blend and serve immediately.

Carrot Juice

Level: Easy

Ingredients
1 cup Carrot Juice (4 medium sized carrots blended with ¾ cup water and strained)
1 teaspoon Rum (optional)
1/3 cup Condensed Milk
½ cup water
¼ teaspoon Nutmeg Powder
½ teaspoon Vanilla

Directions
1. Blend all ingredients thoroughly.
2. Serve with ice.

Jamaican Sorrel Drink

Yield: 6 glasses **Level:** Easy
Ingredients 2½ cups Brown Sugar 2 cups Dried Sorrel or 3 cups Raw Sorrel (without seed) 6 cups Hot Water

6 Cloves

Crushed Ginger to taste

½ cup Rum (optional)
Directions

1. Wash sorrel with water.
2. Dissolve sugar in hot water and pour over sorrel in large jar.
3. Add cloves and ginger.

4. Cover jar and let stand for 2-3 days.
5. Strain and store.

Jamaican Style Pineapple Drink

Yield: 6 glasses **Level:** Easy
Ingredients Peelings from 1 Pineapple and 2 slices of the fruit

6 cups Boiling Water

Sugar to taste

Small piece of dried Orange Peel A few Cloves
½ teaspoon Grated Nutmeg
Directions

1. Pour boiling water on peelings, cloves and orange peel in a jug.
2. Cover and leave for a day.
3. Strain and sweeten.
4. Add nutmeg and stir.
5. Use at once, or keep for 1-2 days.
6. Serve with ice.

Jamaican Hot Chocolate (Chocolate Tea)

Yield: 4 Servings
Ingredients 1 large Chocolate Ball, grated 3 cups Water
1 cup Coconut Milk or

1 tablespoon Vanilla

Nutmeg to taste

3 Cinnamon Leaves or 3 teaspoon Cinnamon Powder Sugar to taste

Directions

1. In a saucepan, add the water and cinnamon leaves, bring it to a boil.
2. Add grated chocolate to the boiling water, then the coconut milk. Continue boiling, until the mixture is reduced by half.
3. Add vanilla, nutmeg and sugar and mix well.
4. Pour into mugs and enjoy.

Notes: (i) If you do not have coconut milk, you can use plain water and add condensed milk at the end.
(ii) Traditionally chocolate tea is served with crackers or hardough bread.
(iii) Chocolate tea tends to be very hot, so be careful not to burn your lips on the first sip.

Jamaican Ginger Beer

Level: Easy
Ingredients ¼ pound Fresh Ginger 1 large Lime/Lemon

2 pounds Granulated Sugar

½ gallon/8 cups Water
Directions

1. Scrape, wash, and pound ginger.
2. Put it in a large bowl and pour boiling water over it.
3. Stir in sugar until dissolved.
4. Peel the lime and add a moderate amount of rind and lime juice to mixture.
5. Cool and pour in a glass jar.
6. Cover and let it stand for 6 days (stir every 2 days with a spoon or mixing utensil)
7. Strain and store in refrigerator.
8. It may be bottled and kept at room temperature and allowed to ripen (ferment) for a further 2-3 days before use.
9. Serve with ice and enjoy the taste.

Note: Make sure you add enough sugar to your taste before the whole process is completed. It helps for better fermenting.

About the Author

Karen is a happy wife and mother of two children. She completed her Bsc. with Nova Southeastern University.

She has always had an innate interest in cooking; from as far back as she can remember. She even thought about setting up a local Jamaican restaurant.

Quite a few years ago, after she got married, she began experimenting with her own unique cooking methods, and realized that her family and friends loved it.

She tends to cook with a creative imagination and this always gives great results.

Her husband would often say to her: “honey, you have to write down this recipe, I’d like to have this again and again”.

In fact, her cooking was so remarkable that her husband got full bragging rights and confessed that he thought his mom was one of the best cooks, but he is happy that his wife actually cooks as good, and at times, even better than his mom (congrats to his mom, she’s a great cook).

Well, Karen also noticed that guests, family and friends would constantly give her great complements on a cooking job well done. Sometimes, they would even ask about the secret ingredients.

Karen’s simple recipe secrets built her cooking reputation and now she is delighted to share it with you.

So, she promised that she would share her recipes with all those who wanted to know how to easily get the best taste out of simple everyday Jamaican meals. And here you have it.

Other Jamaican cookbook by the author:
Jamaican Christmas Recipes

Thanks for choosing my cookbook and I would really appreciate your reviews of this book.

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